






























STARTERS OR SHARES

ORGANIC EDAMAME  	6
Boiled organic Soy Bean with Himalayan Pink Salt	
GOMA-AE [Black Sesame Dressing] 	
Spinach  5.5 / Organic Kale  6.5 / Okra Tuna	9
SUNOMONO [Rice Vinegared Things (Mung Bean Noodles)] 	
 Vegetable 5 /  Ebi 6 /  Tako 6 / Kani	8
TOFU [Organic Tofu]	
Hiya Yakko  	6
Cold Tofu dipped in Sun Dried Chili Soy Sauce	
Agedashi 	7
Deep Fried Tofu with Tempura Sauce	
Mozza Agedashi	8
Deep Fried Tofu and Mozzarella cheese with Tempura Sauce	
GYOZA [Homemade Japanese Style Dumpling]	
Chicken, Pork and Vegetable	7
Kimchi and Pork 	7
* Sun Dried Chili Soy Sauce (add \$1.50)	
'O' HARU MAKI Japanese Spring Roll 	6
SNOW CRAB CAKE	6
Deep Fried Snow Crab with Mango Cream Sauce	
TAKOYAKI Octopus Ball	6
EBI SHITAKE Shrimp Stuffed Shitake Mushroom	8
K.F.C Korean Style Fried Chicken Wings 	9
IKA KARRAGE Deep Fried Calamari	9
 PURI PURI EBI	13
Deep Fried Jumbo Prawn with Sambal Mango Puree	
GUACA POKE	15
Spicy Salmon, Tako wasa and Taro Chip with Guacamole	

ORGANIC SPRING MIX SALAD

 KAISO WAKAME SALAD  	6
'O' GREEN SALAD  	7
GRILL CHICKEN SALAD 	9
MR. BEAN SALAD  	9
Organic Edamame, Quinoa, Wild Rice, Organic Tofu mixed with Organic Greens	
 SEARED TUNA AND AVOCADO SALAD 	14
 SEARED SOCKEYE SALMON & MANGO SALAD 	14
SASHIMI SALAD 	15

TEMPURA

AVOCADO TEMPURA (4 pcs) 	6
YAM TEMPURA (4 pcs) 	6
PORTABELLA MUSHROOM TEMPURA (4 pcs) 	6
BRUSSEL SPROUT TEMPURA (6 pcs) 	6
ARTICHOKES TEMPURA (4 pcs) 	6
BLACK TIGER PRAWN TEMPURA (4 pcs)	8
 ASSORTED TEMPURA (8 pcs)	12

NIGIRI SUSHI

ASPARAGUS (Boiled Asparagus) 2	SABA (Norwegian Mackerel) 3
AVOCADO (Avocado) 2	SOCKEYE SALMON (B.C. Sockeye Salmon) 3
BROCCOLI (Boiled Broccoli) 2	KATSUO (Seared Skipjack Tuna) 3
INARI (Sweet Bean Curd) 2	MADAI (Seabream) 3
TAMAGO (Egg Omelet) 2	SALMON BELLY 3.5
HOKKIGAI (Arctic Surf Clam) 2.5	TORO (B.C. Albacore Tuna Belly) 3.5
SHIITAKE MUSHROOM (Japanese Style Simmered Mushroom) 2.5	HAMACHI (Yellow Tail) 4
SALMON (Atlantic Salmon) 2.5	UNAGI (BBQ Fresh Water Eel) 4
TUNA (B.C. Albacore Tuna) 2.5	HOTATE (Hokkaido Scallop) 4
EBI (Black Tiger Prawn) 2.5	ANGUS BEEF (Canadian Prime Certified Angus Beef) 4
IKA (Cuttle Fish) 3	AMAEBI (B.C. Spot Prawn) 5.5
TAKO (Octopus) 3	

GUNKAN SUSHI

MASAGO (Smelt Roe) 2	KANI (Real Crab) 4
TOBIKO (Flying Fish Roe) 2.5	CHOPPED SCALLOP WITH TOBIKO (Scallop and Tobiko) 4
GUACAMOLE (Avocado) 2.5	YUZU IKURA (Chum Salmon Roe) 4.5
NEGITORO (Toro And Green Onion) 3.5	IKURA UZURA (Chum Salmon Roe with Quail Egg) 5
TOBIKO UZURA (Tobiko with Quail Egg) 3.5	

* Sushi creations for nigiri, gunkan or temaki are always welcome *

SASHIMI

TUNA (6 pcs) 13	HAMACHI (5 pcs) (Yellowtail) 18
SALMON (6 pcs) 13	TORO (6 pcs) (Albacore Tuna Belly) 18
SOCKEYE SALMON (6 pcs) 14	SALMON BELLY (5 pcs) 18
SPICY TUNA (6 pcs) 14	AMAEBI (5 pcs) (B.C. Spot Prawn) 20
SPICY SALMON (6 pcs) 14	SASHIMI OMAKASE 38
SPICY TUNA & SALMON (6 pcs) 14	(16 Pieces of Seasonal Sashimi Selected by Our Chef)
SPICY SOCKEYE SALMON (6 pcs) 15	
SABA (Mackerel) (6 pcs) 15	

'O' SUSHI BOWL

(Sushi Rice with Raw Fish come with Miso Soup)

TUNA DON 15	CHIRASHI DON 20
SALMON DON 15	Assorted sashimi on sushi rice
UNA DON BBQ Fresh Water Eel 16	'O' TARU OMAGIO DON 28
NEGITORO IKURA DON 17	Premium Seasonal Sashimi on sushi rice














'O' SPICY SIGNATURE BOWL

(Sushi Rice with RAW Fish and Greens come with Miso Soup)














SPICY TUNA DON 16	
SPICY SALMON DON 16	
SPICY TUNA AND NEGITORO DON 17	
WILD WEST DON 18	
BC Albacore Tuna and BC Wild Salmon with our signature spicy sauce on Quinoa black rice	
SPICY CHIRASHI DON (HWEDUPBOB) 20	
Assorted sashimi, Imitation Crab meat and Organic green salad with Korean sun dried chili paste sauce	

HOSOMAKI

(Rice inside Seaweed outside)

OSHINKO MAKI (6 pcs)  3	 TUNA MAKI (6 pcs)  4
Pickled Radish	Albacore Tuna
KAPPA MAKI (6 pcs)   3	 NEGITORO MAKI (6 pcs)  5
Cucumber	Toro and Green Onion
UME SHISO MAKI (6 pcs)  3	 NEGIHAMACHI MAKI (6 pcs)  5
Japanese Plum and Shiso Leaf	Hamachi and Green Onion
SALMON MAKI (6 pcs)  4	 SOCKEYE SALMON MAKI (6 pcs)  5
Salmon	BC Wild Salmon

ROLLS

INARI ROLL (8 pcs) Sweet Bean Curd and cucumber  5
AVOCADO ROLL (8 pcs) Avocado   5
AVOCADO TOFU ROLL (8 pcs) Avocado and Organic Tofu   5
ASPARAGUS ROLL (8 pcs) Boiled Asparagus, pickled Asparagus  5
CALIFORNIA ROLL (8 pcs) Imitation Crab Meat, Avocado with Mayo 5
VEGGIE ROLL (8 pcs) Avocado, Cucumber, Romaine and Bell Pepper   5
YAMMY ROLL (8 pcs) Yam and Avocado  5.5
SALMON AVOCADO ROLL (8 pcs) Salmon and Avocado  6
 TUNA AVOCADO ROLL (8 pcs) Albacore Tuna and Avocado  6
BC ROLL (6 pcs) BBQ Salmon Skin, Cucumber, Lettuce and Mayo with Teriyaki Sauce 6
CHICKEN TERIYAKI ROLL (8 pcs) 6
Chicken and cucumber with Teriyaki Sauce
BEEF ASPARAGUS ROLL (8 pcs) 6
Beef and boiled Asparagus with Teriyaki Sauce
DYNAMITE ROLL (6 pcs) 6
Black Tiger Prawn Tempura, Imitation Crab Meat, Cucumber and Romaine with Mayo
 PRAWN TEMPURA ROLL (8 pcs) 6.5
Black Tiger Prawn Tempura, Avocado with Mayo
SPICY SALMON ROLL (8 pcs)  6.5
Spicy Salmon and Cucumber with Spicy Sauce
 SPICY TUNA ROLL (8 pcs)  6.5
Spicy Tuna and Cucumber with Spicy Sauce
 SPICY DYNAMITE ROLL (6 pcs)  6.5
Black Tiger Prawn Tempura, Imitation Crab Meat, Cucumber and Romaine with spicy sauce on the top
BBQ SALMON ROLL (8 pcs) 6.5
Miso marinated BBQ Salmon, Avocado with Teriyaki Sauce
 CHOPPED SCALLOP ROLL (8 pcs)  6.5
Scallop, Cucumber, Fish Roe with Mayo
 SPICY CHOPPED SCALLOP ROLL (8 pcs) 7
Spicy Scallop, Cucumber and Fish Roe
 SOCKEYE SALMON ROLL (8 pcs) Sockeye Salmon and Avocado  8
SMOKED SALMON ROLL (8 pcs) 8
Smoked Sockeye Salmon, Imitation Crab Meat and Avocado with Mayo
 PHILADELPHIA ROLL (8 pcs)  8
Smoked Sockeye Salmon, Asparagus, Cream Cheese and Avocado
UNAGI ROLL (8 pcs) 9
BBQ Fresh Water Eel, Cucumber and Tamago with Unagi Sauce
CRAZY CALI ROLL (8 pcs) 9
Deep Fried California Roll with Cream Cheese and Unagi Sauce
REAL CRAB CALIFORNIA ROLL (8 pcs)  10
Real Crab meat, Avocado with mayo

'O' SPECIAL ROLLS

- CHILI CRUNCH ROLL** (8 pcs) 🍣 6.5
Imitation Crab Meat, Avocado and Chili Mayo with Unagi Sauce and Tempura Flakes on the top
- PHILLY MANGO ROLL** (8 pcs) Cream Cheese, Asparagus, Mango and Avocado 🍣🌿 7
- C.S.I. ROLL** (8 pcs) Cream Cheese, BBQ Salmon and Inari with Teriyaki Sauce 7.5
- COCO CRUNCHY ROLL** (6 pcs) 8
Black Tiger Prawn Tempura, Crab Meat, Avocado, Cucumber, Avocado Aoli Sauce and Unagi Sauce. Topped with Toast Coconut and Yam Chips
- SUPER POPEYE ROLL** (8 pcs) 🍣🌿 9
Boiled Organic Kale, Avocado made with QUINOA BLACK RICE and Sesame Sauce on the top
- O HOUSE ROLL** (6 pcs) 🍣 9
Tiger Prawn, Sockeye Salmon, Tuna, Tamago, Masago, Avocado, Cucumber with Spicy Mayo
- PICKLE ME ROLL** (8 pcs) 🌿 10
Pickled Asparagus, Ginger, Cucumber, Daikon, Shitake mushroom with Quinoa Black Rice
- CREAMY CRISPY ROLL** (8 pcs) 10
Black Tiger Prawn Tempura, Avocado, Cream Cheese with Yuzu Creamy Sauce and Tempura Flake and Yam Chip on top
- YELLOW MAGIC ROLL** (8 pcs) 🍣 11
Salmon with Avocado, Cream Cheese with Mango on the top and Yuzu Cream Sauce
- AMAZON SPIDER ROLL** (6 pcs) 11
Soft Shell Crab, Imitation Crab Meat, Avocado, Cucumber and Fish Roe with Toast Coconut and Unagi Sauce
- CATERPILLAR ROLL** (8 pcs) 11
Prawn Tempura, Cucumber, Masago, Mayo with sliced Avocado and Unagi Sauce
- ROCK & ROLL** (8 pcs) 🍣 12
Black Tiger Prawn Tempura, Avocado, cream cheese and Spicy Mayo with Smoke Salmon and Fish Roe on the top
- KILLER ROLL** (8 pcs) 🍣 12
Salmon with Ginger, Cream Cheese, Cucumber with Smoked Sockeye Salmon on the top and Spicy Mayo and Mango Cream Sauce
- MR. BEAN ROLL** (8 pcs) 🌿 12
Organic Deep Fried Tofu, Pickled Beans, Avocado and vegan cream cheese with Quinoa Black Rice.
- RAINBOW ROLL** (8 pcs) 13
Salmon, Tuna, Tiger Prawn, Sockeye Salmom, Imitation Crab Meat, Avocado, Tobiko with Wasabi Mayo and Unagi Sauce
- RED DRAGON ROLL** (8 pcs) 🍣 13
Sockeye Salmon, Prawn Tempura, Avocado, Tobiko, Tempura Flakes and Spicy Mayo with Unagi Sauce
- SUNSHINE ROLL** (8 pcs) 14
Tiger Prawn Tempura, Cucumber, Avocado with Smoked Sockeye Salmon, Tobiko, Mayo and Mango on the top
- DRAGON ROLL** (8 pcs) Real Crab Meat, Avocado, Tobiko, Unagi, Mayo with Unagi Sauce 15
- CANUCKS GOGO ROLL** (8 pcs) 🍣 15
Spicy Tuna, Asparagus, Cream Cheese, Avocado with Seared Tuna and Smoked Sockeye Salmon on the top, garnish with Avocado Aoli Sauce and Coconut Chips

DONBURI

(Rice Bowl comes with Miso Soup)

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|--------------------------------|--|
| TOFU TERIYAKI DON 🌿 10 | KATSU DON 13
Breaded Organic Tenderloin Pork with Omelette on Rice |
| CHICKEN TERIYAKI DON 11 | |
| BEEF TERIYAKI DON 12 | DON KATSU COMBO 15
(PORK CUTLET) |
| BEEF SUKIYAKI DON 12 | Sakura Farm Organic Tenderloin Pork / come with 'O' Green Salad, Miso and Rice |
| OYAKO DON 12 | |








UDON

(Thick Noodle in Soup)





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| VEGETABLE UDON 9 | KIMCHI UDON 14 |
| KITSUNE UDON 9
Inari, Tofu, Seaweed And Scallions | TEMPURA UDON 14 |
| CHICKEN UDON 11 | SEAFOOD UDON 16
B.C. Spot Prawn, Scallop, Clam, Mussel, Baby Squid and fish Ball with Vegetable |
| BEEF UDON 12 | |

ABURI OSHI ZUSHI








(pressed Sushi) 6 pcs

 PINK LADY	16
Sockeye Salmon, Mango, roasted Garlic pepper with Yuzu Kosher Miso sauce	
 SABA SABA	16
House marinated Norwegian Shime Saba, Ginger, Scallion with Spicy Miso and Yuzu Ponzu Sauce	
 GRANVILLE 	16
Tuna, Black Tiger Prawn, Avocado, Scallion paste with Yuzu Ponzu Sauce	
 BURNING SHRIMP 	16
Black Tiger Prawn, Mozzarella Cheese	
AVOCADO 	16
Avocado, Ginger, Pickled Asparagus and Olive Candy	
BTT	22
Certified Angus Beef (Cab) Tartare	

ABURI ROLL

VOLCANO ROLL (8 pcs) 	11
Spicy Chop Scallop with Green Onion on Top of California Roll with Unagi Sauce	
 TUNA TATAKI ROLL (8 pcs)	13
Prawn Tempura, Avocado, Seared Tuna on the top with Yuzu Ponzu Sauce	
 FIRE CRACKER ROLL (8 pcs) 	14
Black Tiger Prawn Tempura, Avocado, Cream Cheese, Spicy Tuna, Tobiko with Spicy Mayo and Unagi Sauce	




ABURI NIGIRI SUSHI

 TUNA (B.C. Albacore Tuna) 2.5	 TORO 3.5
SALMON (Atlantic Salmon) 2.5	(B.C. Albacore Tuna Belly)
 SABA (Norwegian Mackerel) 2.5	HAMACHI (Yellow Tail) 3.5
 SOCKEYE SALMON 3	 CHOPPED SCALLOP 3.5
(B.C. Sockeye Salmon)	ANGUS BEEF 4
 KATSUO 3	(Canadian Prime Certified Angus Beef)
(Seared Skipjack Tuna)	 HOTATE (Hokkaido Scallop) 4.5








ABURI SASHIMI

 TUNA TATAKI (6 pcs)	14
Seared Tuna with Yuzu Ponzu Sauce	
GARLIC CRUST SALMON (6 pcs)	14
Seared Roasted Garlic Pepper Salmon with Yuzu Kosher Miso Sauce	
 ABURI SHIME SABA (6 pcs)	16
Seared Norwegian Mackerel with Spicy Miso	
ANGUS BEEF TATAKI (8 pcs)	22
Canadian Prime Certified Angus Beef	


SUSHI COMBO

MAKI COMBO (18 pcs) 	10.5
Salmon Maki, Tuna Maki and Kappa Maki	
VEGGIE COMBO (16 pcs) 	11.5
Vegetable Roll, Kappa Maki with 2 pcs of Inari	
DYNAMITE COMBO (9 pcs)	13
Dynamite Roll with 3 pcs of Salmon	
CALI COMBO (12 pcs)	14
California Roll with 2 pcs each of Salmon and Tuna	
SPICY SUSHI COMBO (22 pcs) 	19
Spicy Dynamite Roll, Spicy Salmon Roll and Spicy Tuna Roll	
DELUXE SUSHI COMBO (16 pcs)	24
California Roll with Salmon, Tuna, Ebi Hokkigai, Masago, Tai, Tamago and Sockeye Salmon	

SPECIAL SUSHI COMBO

QUINOA COMBO (11 pcs) 	14
Avocado Roll with Salmon, Tuna, Ebi served with our Signature Quinoa Black Rice	
HEALTHY COMBO (16 pcs)  	14.5
Vegetable Roll, Avocado Roll and Gomae	
'O' SPECIAL COMBO (9 pcs)	15
'O' House Roll with 1 pcs each of Salmon, Tuna and Ebi	
 MAPLE COMBO 	16
Avocado Roll and Spicy Sockeye Salmon Salad	
 WEST COAST COMBO (16 pcs) 	17
B.C. Albacore Tuna Maki, B.C. Sockeye Salmon Maki with 2 pcs each of Tuna and Sockeye Salmon	
HERCULES COMBO (20 pcs)	18
Chili Crunch Roll, Dynamite Roll and B.C. Roll	
CHEF SPECIAL NIGIRI COMBO (14 pcs)	28
Premium nigiri (8 pcs) with Tuna Maki	

"O" PARTY PLATTERS

VEGGIE PLATTER (60 pcs) 	31
Avocado Roll (8), Avocado Tofu Roll (8), Inari Roll (8), Yammy Roll (8) Vegetable Roll (8), Kappa Maki (6) and Oshinko Maki (6)	
ROLL N ROLL PLATTER (48 pcs)	41
BBQ Salmon Roll (8), California Roll (8), Smoked Salmon Roll (8), 'O' House Roll (6), Dynamite Roll (6), Salmon Maki (6), and Tuna Maki (6)	
'O' PARTY TRAY A (48 pcs)	52
Ebi (2), Hokkigai (2), Salmon (2), Tuna (2), California Roll (8), Smoked Salmon Roll (8), 'O' House Roll (6), Kappa Maki (6), Salmon Maki (6) and Tuna Maki (6)	
'O' PARTY TRAY B (72 pcs)	96
Ebi(4), Salmon (4), Tuna (4), Tai (4), Unagi (4), Tamago (4), California Roll (16), Smoked Salmon Roll (8), 'O' House Roll (6), Dynamite Roll (6), Salmon Maki (6) and Tuna Maki (6)	



BENTO

(No Substitution "THANK YOU")

Gyoza Bento			14
California Roll (4pcs)	'O' Green Salad	Daily Special	
Chicken or Beef Teriyaki		Gyoza (3pcs)	

Sushi Bento			16
California Roll (4pcs)	'O' Green Salad	Daily Special	
Chicken or Beef Teriyaki		Nigiri Sushi (4pcs)	

Sashimi Bento			18
California Roll (4pcs)	'O' Green Salad	Daily Special	
Chicken or Beef Teriyaki		Sashimi (6pcs)	



DESSERT

Ice Cream Tempura

- Deep Fried Vanilla Ice Cream with Fresh Strawberry Sauce **6**
Deep Fried Green Tea Ice Cream with Fresh Strawberry Sauce **7**

Ice Cream

- Gelato Ice Cream with choice of
Green Tea, Mango or Raspberry Cheese Cake
with Fresh Strawberry Sauce and Roast Almond on the top **6**

Banana Passion

- Deep Fried Organic Banana with choice of Gelato Ice Cream
and homemade Strawberry Sauce **7**